

Senior's Club
Is an option available to anyone 55+

Membership
New membership cost is \$5.00
Membership renewals are \$3.00
Renewable in January

Benefits of Membership:
Newsletter
Trips
Exercise Program
Health Information Workshops
Arts & Crafts
Volunteer Program
Weekly Bingo
Weekend Ace to King Club
Holiday Meal Celebration
Musical Programs
Birthday Celebration
And much more!



St. Regis Mohawk Tribe
Office for the Aging

(518) 358-2963
FAX: (518) 358-3071

We're located at:
29 Business Park Drive
Akwesasne, NY 13655
(behind the Tribal Police Station)

Mailing: 412 State Route 37
Akwesasne, NY 13655

Services offered by Office for the Aging:

Home Delivered Meals
Noon Meals
Recreation & Activities
Health Promotion
Caregivers Support
EISEP
Legal Aid
Alzheimer's Support Group
Outreach nursing visits
Transportation
Handyperson
Computer Room
Craft Room
Exercise Room
Nutrition Education
Health Insurance, Long Term Care, and
Disability Counseling and Outreach

Office for Aging Staff

Cynthia Tarbell, Director
Amanda Adams, Receptionist
Lacey Peters, Administrative Assistant
Jann Day, EISEP Case Manager
Mary Grow, Outreach Nurse/Caregiver Coordinator
Linda Terrance, Nutrition Coordinator
Lora Lee La France, Informational Coordinator
Tina Tarbell, Activities Coordinator
Glenn Hill, Handyperson
Arvella Thomas, Head Cook
Doris Thomas, Assistant Cook
Leona Thompson, Kitchen Aide
Joe Cooke, Bus Driver/Home Delivery
Curtis Mitchell, Home Delivery/Transport

Membership in the Seniors club is not necessary to
use Office for Aging services.

Caregivers, Family, and Friends are encouraged to
accompany their elders and participate in all our
services.